



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Dirty Rice

Prep Time: 20 mins

Cook Time: 55 mins

Rest Time: 10 mins

Total Time: 1 h 25 mins

Ingredients

- * 1 1/2 cup(s) rice, brown long grain, or Wehani
- * 3 cup(s) broth, reduced-sodium chicken
- * 1 tablespoon oil, peanut, or canola oil
- * 10 ounce(s) sausage, chicken, andouille, or other spicy chicken sausage, cut into 1/2-inch pieces
- * 1 1/2 cup(s) onion(s), yellow, chopped
- * 1 1/4 cup(s) celery, chopped
- * 1 cup(s) pepper(s), green, bell, chopped
- * 1 cup(s) pepper(s), red, bell, chopped
- * 2 clove(s) garlic, minced
- * 2 teaspoon thyme, fresh, chopped
- * 1/2 teaspoon pepper, cayenne, (1/4 - 1/2 teaspoon to taste)
- * 1/4 teaspoon salt



Preparation

1. Bring rice and broth to a boil in a large saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 50 minutes (see Test Kitchen Note). Remove from the heat and let stand, covered, for 10 minutes.
2. While the rice is standing, heat oil in a large nonstick skillet over medium heat. Add sausage and cook, stirring, until it begins to brown, about 5 minutes.
3. Add onion, celery, green and red bell pepper and garlic and cook, stirring, until the onion is soft, about 5 minutes more. Stir in thyme, cayenne to taste and salt. Stir the sausage mixture into the rice and serve.